



VOLUNTEER HOSPICE OF CLALLAM COUNTY

HOSPICE HAPPENINGS

Spring
2020

Compassionate care for the terminally ill, their caregivers and their families

Serving our community since 1978



Volunteer Hospice of Clallam County is a 501(c)3 non-profit charitable organization, whose service area stretches from Diamond Point to Joyce.

The mission of Volunteer Hospice of Clallam County is to provide physical, emotional and spiritual support to terminally ill patients and their families with free around the clock registered nursing availability and trained volunteers.

This support enables patients to live out their final days as fully and comfortably as possible. Ongoing grief support services are also offered to the families and anyone in the community who has experienced the death of a loved one.

Since its inception in 1978, all services have been provided free of charge to patients and their families; VHOCC does not bill any government agency for its services.

VHOCC MEDICAL EQUIPMENT LENDING CLOSET

The medical equipment lending closet program is located at the new VHOCC office, 829 East 8th Street, Port Angeles.

It is open during regular office hours, Monday through Friday, 9 am to 4 pm. Call ahead to check on availability of specific items, 360-452-1511.

THANK YOU for your contribution toward the completion of the Lending Closet and the final move

Michael Bucierka (Board Member), Joe Carter, Christine Clark, Debbie Crumb, Dana Doss, Cathy Duppenenthaler, Simon Fletcher, Burt Foote, Lyn Gilbert (Office Service Manager), Tom Herber, Ed Hopfner (Board Member), Joni Kuntz, John Matson, Van Maxwell, Shirley and Barry Messick, Phil Morgan-Ellis, Jean Pratschner, Juanice Reyes (RN), Paula Richter (RN), Paul Robertson, Carole Rose, Judy Samples, Julia Smith, Parker Smith, and Andrew Wickert at Home Depot.

These numbers do not include any equipment that was borrowed and has already been returned.

LENDING CLOSET

SINCE JANUARY 2018

LOANED EQUIPMENT

323
WALKERS



180
BATH BENCHES

139
WHEELCHAIRS



71
HOSPITAL BEDS

Anyone in need in the community can borrow medical equipment depending on availability

THANK YOU FOR YOUR DONATIONS

Board of Directors

President Peter Raiswell
Treasurer Nancy Bargar, ret. CPA
Secretary Marca Davies, RN
At large Wendy Brown, RN
Michael Bucierka, MSW
Sally Featherstone, BSN
David Gilbert, PE
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Assistant Patient Care Manager
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Jennifer Constable, RN
Lauren Davenport, RN
Tammy Dedmore, CAN
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Lynn Whitmore, RN, BSN, MS
Per Diem
Mariah Blanchard (RN)
Juanice Reyes (RN, BSN)
Paula Richter (RN)
Pennie Twiss (RN)

Administrative Staff

Executive Director
JooRi Jun, ND
Volunteer Services Manager
Astrid Raffinpeyloz, MA
Office Administrator
Anita Chilton



Volunteer of the Month

January Pat Morgan
February Judy Samples
March Shirley & Barry Messick
April Volunteer Appreciation Lunch

WE CAN DO WHAT WE DO BECAUSE OF YOU

Volunteer Hospice's History Evolves from the Polar Bear Dip

Glenn Wiggins

In 1989, the first Polar Bear dippers comprised of Dan Welden, its leader, and two others, Gale Hunter and Dale Bush, plunged into the ice cold water of the Straits.

These three members of the Olympic Peninsula's Runners Club, obviously tired of the hum drum life in winter here, decided to shake things up. Dan had a background in cold water dips having reached his goal of plunging into the lakes at 5000' in the Seven Lakes Basin. Gale and Dale who accompanied him at Hollywood Beach, doubtless believed that with a survivor like this, a continuous life on planet Earth was assured.



New Year's Day 2020 Polar Bear Dip, Hollywood Beach, Port Angeles. \$3,200 raised for VHOCC

No one recalls anyone who witnessed this wild plunge, but it has grown over the last few years to over a hundred participants of all ages with the oldest thus far being Dr. Ed Hopfner, once Volunteer Hospice Board President and current board member, who dove in well into his eighties. Now that the event has morphed into not one but three plunges, the challenging cry is "You don't get older, just colder."

Besides, who's counting? Dan says, "It gives you a chance to hoot and holler and get crazy without getting arrested."

Because the water temperature hovers around 47 degrees, a nice bonfire is set up on the beach by Jon Jacobs, a longtime friend of Dan. Hot drinks provided by the Red Lion Inn and muffins provided by Volunteer Hospice await the participants and spectators. You are on your own for anything stronger.

In 2012, VHOCC volunteer Lori Jacobs had the good idea to make the Dip a fundraiser for Volunteer Hospice. This year, \$3200 were raised, with over half of it raised by Debbie Crumb, one of Rose Crumb's daughters. So it seems that the energy and enthusiasm for the Polar Bear Plunge is assured. With the growth of "selfies" who knows how popular this may become?

VOLUNTEER CORNER

Carole Rose

As a volunteer with VHOCC's medical equipment lending closet program, I am happy to be just another elf in Rose Crumb's army.

While giving priority to VHOCC's hospice clients, this free service is available to anyone in the community who finds themselves or a loved one in need of assistive devices or supplies to help make life a little easier. Whether a temporary illness, recent surgery, or visiting relative precipitates the need, help can be just a phone call away. Not only does the right equipment add a measure of ease and safety for the patient and the caregiver in necessary daily tasks, but it often makes participation in the more pleasurable aspects of life, such as continued engagement with the rest of the community, possible again.

Borrowers are often surprised by how simple the process is. Somehow, that seems fitting to founder Rose Crumb's philosophy of providing aid and comfort as the first priority, and red tape being as minimal as possible.

A wide variety of equipment – from incontinence supplies and bedside commodes to walkers, shower benches, and wheelchairs – is available for the asking. Everything is on a first-come, first-served, basis. Some of the more technical equipment, such as specialized wheelchairs and hospital beds, is primarily reserved for VHOCC patients. But when available, hospital beds are delivered and assembled by our skilled and cheerful volunteer delivery team.

As the widow of a Vietnam veteran who eventually became a double amputee and largely bedbound, I am well aware of the benefits of the right equipment in terms of quality of life as well as the barriers of cost and bureaucracy that can make obtaining it a daunting task. It is with great pleasure that I spend two hours per week helping to keep this valuable community service going for the benefit of others at no cost to the agency, which depends greatly on the work of its many volunteers.

In the medical equipment lending closet program, I have found my niche as a VHOCC volunteer. I am able to use my past experience as well as my enthusiasm for assistive technology and the agency's mission to both benefit the community and honor the memory of my late husband.

VHOCC depends on its volunteers to lend their support in a variety of ways, both big and small. This is what makes its free services possible. What might your contribution be?

Hospice Hugs



Grant Award

Ben & Myrtle Walking Memorial Fund

Community Sponsored Fundraisers

Polar Bear Dip/Dan Welden
PA Chamber of Commerce/Steve Bennett

Gift Certificates for Volunteer of the Month Program

Mariner Cafe
Oak Table Cafe
Swain's General Store
Alderwood Bistro

Remembrance Ceremony

First Presbyterian Church
Peninsula Daily News
Costco
Two Spot Bakery

Lending Closet Shelving

Home Depot/Andrew Wickert

SEQUIM BAY YACHT CLUB

“SEAS” THE DAY

The Sequim Bay Yacht Club is at it again!

Now in its 28th year, the Sequim Bay Yacht Club (SBYC) is preparing for its Race and Row for Hospice Annual Regatta, which will take place on September 19 and 20 at John Wayne Marina, Sequim.

In the meantime, raffle tickets are available through any SBYC member, starting Opening Day, May 3.

VHOCC thanks SBYC for its ongoing support all these years, raising and donating **more than \$383,000.** They truly float our boat!





Volunteer Hospice of Clallam County
829 E. 8th St.
Port Angeles, WA 98362

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Thank You!

Events: Information at 360-452-1511

- April 16:** National Healthcare Decision Day
- April 19-25:** National Volunteer Appreciation Week
- May 6-12:** National Nurses Week
- May 10:** Louella Gerbhardt Memorial Golf Classic, Bellingham
- May 10-17:** ESPRIT Conference, Port Angeles
- May 21:** Cedars at Dungeness Lady Niners Memorial Golf Tournament, Sequim

Community Orientation to Volunteer Hospice

- First Thursday every month, 11 am - noon, Sequim
Call the Volunteer Services Manager 360-775-7806 for address
- First Friday every month, 10 am - 11 am, Port Angeles
Conference Room, 829 E. 8th St., Port Angeles

Programs: Information & Register at 360-452-1511

Community Education & Volunteer Training Series

- Port Angeles: Wednesdays, September 16 - October 21
- Sequim: Spring 2021

Grief Support Groups

- Sequim: Mondays, May 6 - June 1, 1 - 3 pm
- Port Angeles: April 7 - May 19, 2 - 3:30 pm
- Summer 2020, Tuesdays, 2 - 3:30 pm

Drop-In Support Groups Sequim and Port Angeles

(after completion of one of our Grief Support Groups)

“Living Alone Now” Workshops Focused on practical matters for those who have lost a spouse or partner. Call for dates.

One-on-One Grief Support For anyone in the community grieving a loss. Call 360-452-1511 for details.